

Bhagat Namdev – Sabad 22
safal janam mo kau gur keenaa ||
Raag Bilawal, Bhagat Namdev, Guru Granth Sahib, 857

safal janam mo kau gur keenaa ||
dukh bisaar sukh a(n)tar leenaa ||1||
giaan a(n)jan mo kau gur deenaa ||
raam naam bin jeevan mann heenaa ||1|| rahaau ||
naamadei simaran kar jaanaa(n) ||
jagjeevan siau jeeau samaanaa(n) ||2||1||

Summary: Existential fulfilment represents a transition from simply accumulating resources to living mindfully and intentionally. While a survival mindset sees life as a burden, a peaceful mindset views existence as more than just the fulfilment of basic needs; it encompasses meaningful activities. In this context, reflection becomes crucial for enhancing our lives and moving beyond mere survival. Existential fulfilment is achieved by actively engaging with the world, cultivating awareness, and enriching our human experience without becoming attached to it.

safal janam mo kau gur keenaa ||

My life has become meaningful through the wisdom that has guided me from ignorance to awareness. This reflects existential fulfilment, the transition from mere survival to a purposeful existence.

dukh bisaar sukh a(n)tar leenaa ||1||

I have forgotten suffering and achieved inner peace. This highlights how prioritising internal tranquillity effectively diminishes the influence of external illusions.

giaan a(n)jan mo kau gur deenaa ||Wisdom has applied the collyrium of insights. This metaphor of a medicinal eye-salve reflects how insight enhances clarity and spiritual vision.

raam naam bin jeevan mann heenaa ||1|| rahaau ||

Without contemplating the all-pervading reality, life becomes devoid of meaning, and the mind remains unfulfilled. This highlights that existence lacks depth and vibrancy if it is not rooted in the pursuit of oneness. (1)(Pause)

naamadei simaran kar jaanaa(n) ||

Namdev says he has come to know of this state through contemplation. This path of knowing validates that realization arises from experiential learning and self-reflection.

jagjeevan siau jeeau samaanaa(n) ||2||1||

My conscience has integrated with the omnipresent life source. This union reflects non-dual alignment with the force that pervades all existence. (2)(1)

Essence: Bhagat Namdev emphasizes that cultivating inner tranquillity helps reduce the impact of worldly illusions. By gaining insight, we improve our clarity and open ourselves to a deeper spiritual vision. Realization is a journey that unfolds through experiential learning and thoughtful self-reflection. This process not only promotes personal growth but also demonstrates our interconnectedness with the universal life force that flows through all beings.

Sabad Interpretation by **Vininder Kaur & Amardeep Singh**

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